

November Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
 9020 Amelung St., Frederick, MD 21704 (Lower Level of the Urbana Regional Library)

<i>Mondays</i> <i>9:00-3:00</i>		<i>Tuesdays</i> <i>9:00-8:00</i>		<i>Wednesdays</i> <i>9:00-3:00</i>		<i>Thursdays</i> <i>9:00-3:00</i>	
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.</p>				<p>Lunch is served every day at Noon. Reservations must be made at least 48 hours in advance.</p>			
3 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 *Tai Chi: Advanced 1:30 Book Club		4 Election Day 10:00 *English Conversation 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 *Dinner 6:00 Mexican Train Dominos		5 9:30 Strength Training 11:00 Exercise to Video 1:00 Wii Bowling 1:30 *iPad Q&A		6 10:00 *English Class 10:00 Drawing/Painting Group 11:00 Exercise to Video 1:00 Rummikub	
10 Nutrition Minute Day "Be Food Safe" 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 *Tai Chi: Advanced 1:30 Current Events		11 Center is Closed for Veterans Day 		12 Nutrition Minute Day "Be Food Safe" 9:30 Strength Training 11:00 Exercise to Video 1:00 Wii Bowling 1:30 *iPad Q&A		13 Nutrition Minute Day "Be Food Safe" 10:00 *English Class 10:00 Drawing/Painting Group 11:00 Exercise to Video 11:00 Mobile I&A 11:30 Blood Pressure Noon *Breakfast for Lunch with Nurse Steve: diabetes talk	
17 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 *Tai Chi: Advanced 1:30 Book Club		18 10:00 *English Conversation 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 *Dinner 6:30 Inside Scoop: Osteoporosis		19 9:30 Strength Training 11:00 Exercise to Video 1:00 Wii Bowling 1:30 *iPad Q&A		20 10:00 *English Class 10:00 Drawing/Painting Group 11:00 Exercise to Video 1:00 Rummikub	
24 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 *Tai Chi: Advanced 1:30 Current Events		25 10:00 *English Conversation 11:00 Exercise to Video Noon *Thanksgiving Meal 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 *Dinner 6:00 Bunco Bunco Bunco		26 9:30 Strength Training 11:00 Exercise to Video 1:00 Wii Bowling 1:30 *iPad Q&A		27 Center is Closed for Thanksgiving 	
Department of Aging Special Events Grands Doing Great Things Together, Nov. 3 Adapt to the Future, Thursday, Nov. 6 Groceries for Seniors, Friday, Nov. 7				Day Trips Woodlawn & Pope Leighey House Trip, Nov. 14 International Spy Museum Trip, Nov. 21 Pennsylvania Christmas & Gift Show, Dec. 5 Holly Jolly Pops Baltimore Symphony Orchestra, Dec. 12			